



WORKING WELLNESS

Good Health is Good Business

**APRIL
2015**

is...

Alcohol
Awareness
Month

National
Autism
Awareness
Month

Irritable Bowel
Syndrome
Awareness
Month

National
Donate Life
Month

Distracted
Driving
Awareness
Month

With

National Public
Health Week

National Walk
@ Work Day



For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
<http://healthfinder.gov/NHO/nho.aspx>

EAP WORKSHOPS

The Employee Benefits Team strives to provide all Monroe County employees with premium service, education and training opportunities regularly throughout the year in order to enhance their understanding of coverages available to them and how to maximize their benefits.

On May 5th (Key West), 6th (Marathon), and 7th (Key Largo), Employee Benefits will host Employee Assistance Program Workshops and Training with sessions designed for directors, administrators, department heads, supervisors and team leaders and separate sessions for employees. The workshops will include a review of Monroe County's Employee Assistance Program and Services with feature training on communication in the workplace.

In an effort to accommodate as many schedules as possible and to promote participation, workshops are offered twice daily at each location for both leaders and employees.

****Please post, promote and attend the upcoming Employee Assistance Program Workshop.**

**Supervisory Sessions @ 9:30am & 2:15pm
Employee Sessions @ 11:30am & 1:00pm**



**RSVP by April 28th
Natalie Maddox 305-292-4450 or
maddox-natalie@monroecounty-fl.gov**



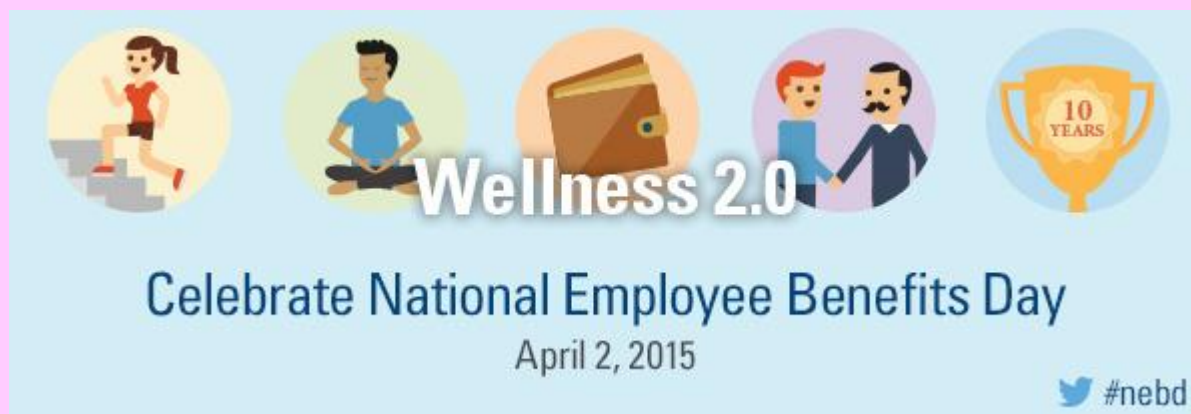
Corner

We would like to share a very exciting announcement with you. **Generic Nexium®**, one of the most widely prescribed medications used to treat GERD (gastroesophageal reflux disease), was approved for launch on or around February 17, 2015.

Effective 3/2/2015, EnvisionRx is launching a new savings program which will **allow members to receive brand Nexium® at their generic copay**. This program will result in greater savings for Plan Sponsors than if the new generic were utilized. Please review the attached letter for additional details.



SPOTLIGHT OF THE MONTH: BENEFITS WEBPAGE



Need Benefit Information? (Links to insurance company webpages, Claim forms, Benefit Booklet, Summary of Benefits, Schedule of Benefits, Rates)

Check out our updated webpage:

<http://fl-monroecounty.civicplus.com/index.aspx?NID=274>



SPOTLIGHT OF THE MONTH: QUANTUM EAP

The **Quantum Employee Assistance Program** offers clients access to counseling for a wide range of emotional and behavioral issues. Their national team of professional counselors provide accessible, short-term counseling within comfortable and supportive environments. Quantum offers you a highly personalized, tailored approach to each situation**.

**** For employees that missed the orientation here is the link to access it:**

Go to their website <http://www.accessqhs.com/> and in the top right corner of the initial page you will see a red icon that says "employer support". Click on that link and then you will need to login with the password QHSmanager (the login is case sensitive). You will see material for download and copy as needed . . . also an employee and supervisory video.

Available 24/7 @ **1-877-747-1200**

Or

Check out their website

<http://www.accessqhs.com/>



COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

Great improvements in BOCC Workers' Compensation !

Safety Matters to all of us



- **2014 average claim cost reduced by 38% !**

The average Workers' Compensation claim cost in 2010 was \$17,958.

In 2014 the average WC claim cost was \$11,120; a 38% reduction !

- **Historically, total claims cost for years 2006-09 were \$7.38M and years 2010-13 were \$4.26M.**

The average claims cost per year has decreased by \$790K per year or 42%.

- **Average number of claims reduced 28% by volume.**

The average number of claims for the same periods 2006-09 were 122 and years 2010-13 were 87,

Resulting in 28% reduction in claims volume.

- **The BOCC's mod rate has decreased each year since 2010, in total, over 22%.**

This saves the County money in premiums, assessments and loss fund.

- **Safety Matters to all of us !**

Reduced injuries and their associated cost benefit the Welfare and Safety of employees, County services and taxpayer's budgets.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

A word from the Safety Officer

Wanna be a Hero? The first step in saving a life is training. Having the appropriate training gives you the confidence and skills you need to respond quickly when someone is in distress. However, no matter how well you're trained, studies show that our skills and memories begin to fade after about 3 months of not using a learned skill.

So, please take less than 5 minutes now and watch these two short videos that will reinforce your training and confidence on How to Perform Hands-Only CPR and How to Use an AED (Automated External Defibrillator).

CPR: www.handsonlycpr.org

**Happy
Easter**



AED: <http://www.heartrescuenow.com/>

The Safety Office and Monroe County Fire Rescue continue to offer free training to County employees in CPR/First Aid/AED throughout the year at locations up and down the Keys. Please keep an eye out for upcoming classes, and remember – Get Trained – Save A Life – Be A Hero!

Sources are referenced and available upon request. It is not our intention to diagnose or treat illness. For personal health problems or major changes in diet or exercise, please consult your physician. If you have any questions or concerns, please contact the Benefits Office at 305-292-4446 or extension 4446. Website links shown may be disabled.